

## FTHRA NUTRITION

Meal	site	

## **MENU FOR MARCH 2016**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1.	2.	3.	4.
	Chicken Chili	Salisbury Steak w/gravy	Ham & Macaroni Casserole	Soup Beans w/onions
	Fiesta Corn	Mashed Potatoes	Mix Vegetables	Turnip Greens
	Pineapple	Green Peas	Beets	Oven Browned Potatoes
	Cornbread	Fruit Cocktail	Banana Pudding	Coleslaw
		WW Roll	WW Roll	Cornbread
7.	8.	9.	10.	11.
Chicken Tenders	Meatballs w/gravy	Turkey Pot Pie	Tuna Salad	Chicken Sandwich w/mayo
Mashed Potatoes	Brown Rice	Brussel Sprouts	Broccoli	Roasted Sweet Potatoes
Carrots	Succotash	Baked Apples	Tomato Bisque	Lettuce/Tomato/Onion
Butterscotch Pudding	Fruit Fluff	Biscuit	Peach Crisp	Pears
WW Roll	WW Roll		Saltine Crackers	WW Bun
14.	15.	16.	17.	18.
Pork Roast	Chili Dog w/ mustard & onions	Teriyaki Chicken	Breaded Fish	Stuffed Pepper Soup
Dressing	Baked Beans	Brown Rice	Pinto Beans	Scalloped Potatoes
Mixed Vegetables	Potato Wedges	Oriental Vegetables	Oven Browned Potatoes	Hot Fruit Compote
Cinnamon Applesauce	Tropical Fruit	Creamsicle Salad	Coleslaw	Cornbread
WW Roll	WW Bun	WW Roll	Cornbread	
21.	22.	23.	24.	25. Closed
Meatloaf	Polish Sausage w/ Cabbage	Oven Fried Chicken	Chopped Steak with	
Mashed Potatoes	O'Brien Potatoes	Macaroni & Cheese	Peppers & Onions	Good Friday
Cauliflower w/cheese	Apple Crisp	Mixed Greens	Mashed Potatoes	
Yogurt Cup	Cornbread	Pineapple	Corn	
WW Roll		WW Roll	Brownie	
			WW Roll	
28.	29.	30.	31.	
Chili Mac Casserole	Italian Chicken w/ Pasta	Baked Ham	BBQ Pork Sandwich	
Green Beans	Italian Vegetables	Sweet Potatoes	Baked Beans	
Pears	Apple Crisp	Broccoli	Potato Wedges	
WW Roll	Texas Toast	Chocolate Pudding	Coleslaw	
		WW Roll	WW Bun	

2% milk is included with each meal / all servings are 1/2cup or 1 portion unless indicated otherwise / all entrees are 3 oz./menu may change due to snow schedule, equipment breakdown or food availability / coordinators-record serving temperatures beside appropriate items.